**IPL and ResurFX Treatment Guide**

(818)964-0921

**Before Your Treatment**

* It is imperative that you avoid sun exposure and tanning beds for at least **4 weeks** prior to your treatment. **This is a must, and no exceptions will be made**. Treatment will not be performed if you have a tan or sun exposure.
* Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
* Avoid applying self-tanner for 2 weeks prior to treatment.
* Avoid aspirin and Ibuprofen for one week prior to your treatment. Inform the laser specialist if you are taking blood thinners or regularly take aspirin or ibuprofen. For reactive skin, you may take an antihistamine, if not contraindicated (i.e. Zyrtec, Allegra, Benadryl) to avoid excessive inflammation.
* If you have had a history of peri-oral or herpes simplex virus, your provider may recommend a prophylactic antiviral therapy. Please consult your PCP for your antiviral medication.
* Avoid alcohol for 2 days prior to treatment
* \*Inform the doctor if have taken Accutane (Isotretinoin) in the past year\*\*

**The Day of Treatment**

* If possible, arrive without creams or make-up on the treatment area.
* Pre-treatment photos will be taken.
* Just prior to treatment, you will be given eye shields to wear to protect our eyes.

**Post Treatment Care**

* Expect your skin to appear pink (resembling mild sunburn) for a few hours after treatment.
* Your skin may be temperature sensitive for several days after treatment. You will be given a cool compress to apply after treatment.

* With IPL, Brown spots and freckles will appear darker while healing and may crust off.
* It will take 4-6 weeks to see the full result and 2-3 treatments may be required to achieve an optimum result.
* The sessions are designed to provide no downtime however, occasionally you may find that your cheeks and under eye areas are slightly puffy after treatment. You may use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
* Sleeping with your head elevated for the first night will also help decrease any swelling you may experience.
* Blistering and crusting are rare; however, if these do occur a thin layer of over-the-counter antibiotic ointment such as Aquaphor or Vaseline which can be applied 2-3 times a day for 3 days. Please call us if you experience either of these uncommon reactions.
* Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE CONTACT US AT (818) 964-0921**

**\*\*Remember your sunscreen daily\*\***